

Eleanor Bergman

Hampstead Swedish Gymnasium

Founded by
MME. BERGMAN-ÖSTERBERG
1885

1 BROADHURST GARDENS
LONDON, N.W.

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Hampstead Swedish Gymnasium

1 BROADHURST GARDENS

LONDON, N.W.

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UNDER THE DIRECTION OF

MISS VIOLET VULLIAMY, I.S.T.M.

(Cert. Swedish Institute)

assisted by a staff of certificated teachers from Bergman-Österberg Physical Training College, Chelsea Physical Training College, Dunfermline Physical Training College and The Swedish Institute (Dr. Coghill-Hawkes), the certificate in each case implying a course of two or three years' training.



The work of the Gymnasium includes :—

SWEDISH EDUCATIONAL GYMNASTICS

(Gymnastic Classes)

SWEDISH MEDICAL GYMNASTICS AND MASSAGE

(Remedial Exercises, Massage, Electro-Medical Treatment)

DANCING

(Ball-room Dancing, Morris and Country Dancing, Aesthetic Dancing,
Classic Dancing)

FENCING

Synopsis of Ling's System of Gymnastics

THE fundamental principle of LING'S SYSTEM OF GYMNASTICS is *the harmonious development of mind and body*.

Such a development can only be obtained through careful, systematic training of the body as a whole, a training in which each part is developed in harmony with the rest, no one part being over-developed at the expense of another.

The aim of Ling's System is not to produce acrobats or athletes who excel in some particular feat, but to *procure for each individual the highest possible degree of health and physical culture*. It is obvious that the result must in a measure depend on individual qualities. Those constitutionally strong and well built will naturally attain a higher degree of development than those who are weak and badly shaped, though the latter may have made as much progress as possible with the material at command.

One of the most distinctive features of this system is its graduated *progression* from the simplest and gentlest exercises, suitable for a child or an invalid, to the strongest and most complicated—severe tests even for skilled athletes.

The system is based upon anatomical and physiological laws, and such movements only are justified which completely accord with these.

The greatest attention is paid to the development of the *chest*, since a good lung capacity is the basis of a healthy constitution. Most of the exercises contribute in a measure to this end, and all movements which cramp the chest are excluded.

The exercises are divided according to their various effects into 10 groups, viz. :—

1. **Introductory.** Easy exercises (usually of decided rhythm) which serve to secure the attention of the pupils, and to prepare them for more difficult work.
2. **Spanbendings.** Backward flexions of the trunk in which each joint of the spine takes part. Their principal aim is to expand the chest, especially the upper and middle part, and make it supple, so that the respiratory movements may become more perfect.
3. **Heaving Movements.** Expand the chest, particularly the middle and lower part ; straighten and strengthen the back.

4. **Balance Movements.** Cultivate general equilibrium and co-ordination of movement.
5. **Shoulder Exercises.** Usually movements of the arms which expand the pectoral chest, thus being particularly calculated to correct round shoulders.
6. **Abdominal Exercises.** Cultivate the *contractility* of the abdominal muscles and so correct Lordosis (hollow back); improve digestion by increasing peristalsis and hastening the absorption of nutritive material.
7. **Lateral Trunk Movements.** Consist of rotations and sideways flexions of the trunk. They quicken the Portal circulation, increase the activity of the liver, and strengthen the waist muscles ("Nature's Corsets").
8. **Jumping and Vaulting.** Develop elasticity and quickness of thought and action; produce courage and the power of gauging efforts according to time and space.
(Marching and Running.)
9. **Movements producing passive extension of the Muscles of the Legs.** These are most effective in quieting the heart beat accelerated by the previous exercises. They are given when there is any fear of the heart being overworked.
10. **Respiratory Exercises.** Are slow arm elevation, etc., accompanying the respiratory acts, thus aiding the natural movements of respiration, so that the inhalations become deeper, and the exhalations more perfect, and so increasing the supply of Oxygen to the System.

Owing to limited space, the above synopsis is very incomplete, but even such a superficial explanation is sufficient to show that in the Swedish System much more importance is attached to the physiological effects of the movements than to mere muscular development, though the latter is not neglected, since all active movements (if not overdone) increase muscular power.

Some exercises have very marked psychological effects, and are specially valuable in producing co-ordination and localization of movement and concentration of thought.

The Swedish System is becoming more acknowledged year by year, and Swedish Gymnastics are now taught by fully qualified teachers in most of the Colleges and Public Schools.

It has also been adopted in Denmark, Finland, Belgium, France, and lately in England for the physical training both of the Army and Navy.

Swedish Educational Gymnastics

Arrangement of Classes

EACH pupil is put into the class most suited to his or her age and development, and special attention is given to the improvement of general posture and breathing.

Less advanced classes are purposely kept small to secure individual attention.

A special **Class for Mothers** has been arranged, where instruction is given in simple home exercises and their effects. The importance of good posture is carefully taught, with the view of enabling mothers to correct bad position in their children and so to prevent the development of curvature and other deformities.

An evening class is held in the winter for those who are occupied during the day.

Small classes can be arranged at private houses, provided hygienic conditions and a sufficient number of pupils are guaranteed.

It is desirable that every pupil should be examined by Miss Vulliamy before joining a class, so that the teacher may have a more correct knowledge of the pupil's capacity.

By special arrangement a record can be kept of any pupil's development—weight, height, chest measurement, etc.

New pupils are required to bring a certificate of health.

Swedish Medical Gymnastics

Including Massage and Electro-Medical Treatment

PATIENTS are treated under Medical Supervision in the Remedial Gymnasiums, or at their own residences for:—

Spinal Curvature, Round Shoulders and Contracted Chest, Knock-knees, Flat Feet.

Incorrect Habits of Breathing, Adenoids, Asthma.

Chorea, Infantile Paralysis, Neuritis, Neurasthenia.

Constipation, Indigestion, Anæmia.

Fractures, Dislocations, Sprains.

Lumbago, Sciatica, Rheumatism and for all cases where Swedish Medical Treatment is prescribed.

A special **Remedial Class** is held for those patients who no longer require private treatment, and for any pupils who are not quite fit for ordinary classes. In the case of children, it is necessary that some responsible person should accompany the patient, so as to help in any home practice advised.

A few resident patients are received.

Dancing

DANCING is recognised as an important part of general education, and in all the classes an effort is made to teach rhythm, unconscious grace, dignity, poise and ease of manner so that the pupil may learn self-expression in its highest and purest sense.

Classes and private lessons are given in ball-room dances, Morris and country dances, and Aesthetic dances.



Classes in Classic Dancing

based on ancient Greek Principles of Art and adapted to Modern Conceptions of Education are given by MISS JANET DUFF and MISS AGNES WOLTON.

In connection with this course, MISS WOLTON will give talks on Greek Art and Literature and occasional visits will be paid to the British Museum.

Fees

Payable in Advance.

Gymnastics.

12 Lessons, once weekly - - - - -	£1 11 6
20 Lessons, twice weekly - - - - -	2 2 0
12 Morning Lessons, once weekly (little children)	1 1 0
20 Morning Lessons, twice weekly (little children)	1 11 6

Dancing.

10 Lessons, once weekly - - - - -	1 11 6
20 Lessons, one gymnastic, one dancing, weekly	2 12 6
30 Lessons, two gymnastic, one dancing, weekly	3 3 0
5 Private Lessons - - - - -	1 5 0
Christmas Holiday Dancing Classes, 7 Lessons	1 1 0
CLASSIC DANCING, 10 Lessons - - -	2 12 6

Swedish Medical Gymnastics and Massage.

Daily Treatment (Sundays by arrangement).

Patient visited (6 week days) - - per week	3 3 0
Patient received - - - per week	2 2 0
Remedial Class, 3 lessons weekly - per week	0 10 6

Fencing.

10 Lessons - - - - -	3 3 0
10 Private Lessons - - - - -	5 5 0

Missed private lessons or treatment, without
24 hours previous notice charged full fee.

Schools Visited or Received by Arrangement.

